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You
and your
child in
hockey

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Cover Photo: Bobby Orr and young friends . . . courtesy of Nabisco Brands. Photo was taken during filming of "First Goal" where Bobby Orr states that 'Hockey is a game and a game should be fun.' Parents and coaches alike are urged to realize that 'the emphasis is on fun, on taking part on learning, on playing together', and not on 'the win at-all-costs attitude that now pervades so much of youth sports'.

The 16mm film is available for showing in Canada, free of charge, compliments of Nabisco Brands Limited, to individuals and organizations who are involved in children's sports programs — administrators, players, coaches, officials, parents, teachers, and the news media.

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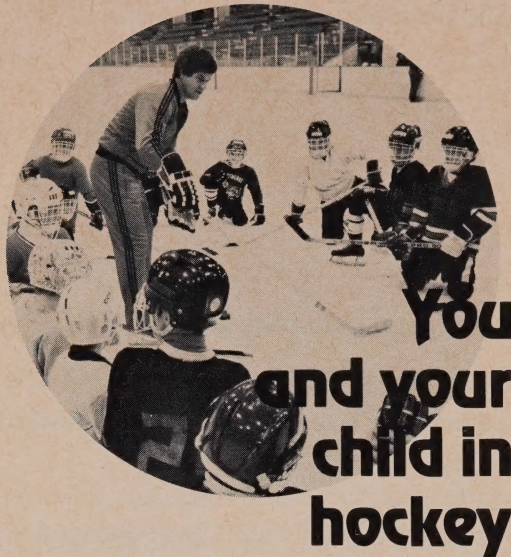
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You and your child in hockey

**Hockey Ontario
Revised 1982, Fourth Edition**

With the Support of
Ministry of Tourism and Recreation



Ontario

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For Further Information Write:

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Hockey Ontario: Our Goals This Season.

The Hockey Ontario office was established in July 1980 to work in co-operation with all hockey organizations in making the game of hockey a 'positive' experience for your child. With the co-operation of your minor hockey association or team, we have available over 75 types of books, films, clinics and programs that you may make use of this hockey season.

As a resource agency, we are trying to meet our goals by putting these resources in the hands of as many hockey families as possible.

Your challenge, as a parent, is to ensure that this hockey season is the best ever for your child. If we can help you meet your challenges, great!

Good luck.

Hockey Ontario.

YOUR ROLE AS PARENTS



There are many benefits to playing youth hockey. Boys and girls learn good sportsmanship and self-discipline. They learn to work together, how to sacrifice for the good of the team, how to enjoy winning and how to deal with defeat — while becoming physically fit and healthy children.

HELPING YOUR CHILD TO ENJOY HOCKEY

Of the many Canadian children who participate in organized minor hockey, few ever develop the ability to become professionals, let alone midget or Junior "A" players. Therefore, it is essential that goals and objectives be established so that participation will remain an enjoyable experience as kids develop their skills to levels they can achieve. You, as a parent, can play an important role in making hockey worthwhile by considering some of the following points.

"HEALTHY" COMPETITION IS IMPORTANT

Don't tell your children that winning is the only thing that counts or at the opposite extreme, that it doesn't count. It does and they know it. Help your children enjoy the thrill of competition and develop a competitive attitude that lasts during the game. Encourage them to try hard at all times, to try to improve their skills and to enjoy the game.

LEARNING IS AS IMPORTANT AS PLAYING

In order for participation in any sport to be a positive experience, children need to be taught basic skills and provided time to practice them. These skills are best learned in practice sessions rather than in a game situation. Support your coach and executive when they try to secure more ice time for practice sessions, rather than scheduling more games. It takes time and practice to develop skills to the level where the games become fun. Maybe a group of six or seven year olds look "cute" as they try to play a game, but unless they develop adequate hockey skills they will never reach their full potential. Also, when children become frustrated because of lack of skill, they tend to lose interest in the activity and drop out.

TOO MANY COACHES SPOIL THE CHILD

Be helpful but don't coach your child at meals, on the way to and from games, and especially during the game. Think how tough it must be to be continually bombarded with advice, pep talks and criticism, especially if the information is different from that provided by the volunteer coach.

POSITIVE REINFORCEMENT FOSTERS ENJOYMENT AND LEARNING

A pat on the back or a question as to whether they had fun often produces a more favorable attitude than critical statements about their performance. Children like to know you are interested in more than just whether they won or lost, especially if they lose quite frequently. Even in the face of frequent failure (on the scoreboard only) children can continue to enjoy the game if parents provide interest and encouragement for improvement.





CRITICAL YELLING IS DEGRADING

Parents should recognize that critical yelling (as opposed to cheering and applause) at minor hockey officials, most of whom are volunteers, sets a poor example for young players and generally degrades the game. If officials do make the wrong call during a game and being human this is bound to occur, such calls tend to eventually balance out for both teams. Why not put your energy into encouraging your local organization to organize the upgrading of officials through the various referee clinics and resources available to them. It is your responsibility, as a parent, to encourage your minor hockey executive to properly train referees, referee-in-chiefs and off-ice officials. Such gestures will make for a happier experience for all concerned.

Parents should also recognize that yelling at players on either team is inappropriate and often times an embarrassment to your child. Ask your child how he or she feels about it. After all, it is your child's game.

AND SHOW YOUR CHILD
"POSITIVE REINFORCEMENT"



The best way to help a child achieve his goals and reduce his natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that he is still learning. Encourage his efforts and point out the things he did well. As long as he gave his best, you should make him feel like a winner.

HOCKEY IS FOR HAPPINESS

Why don't you go over these ten 'commandments' with your child. Sit down and explain each one in simple terms and give examples.

Let's all agree that the game is for the player!

- **Hockey** is a game for happiness.
- The laws of **Hockey** should be regarded as mutual agreements the spirit or letter of which no one should try to evade or break.
- Visiting teams and spectators are honored guests.
- No advantages except those of superior skill should be sought.
- Officials and opponents should be treated as honest in intention.
- Official decisions should be accepted without becoming angry, no matter how unfair they may seem.
- Winning is desirable. But winning at any costs defeats the purpose of the game.
- Losing can be a triumph when you've given your best.
- The ideal is the greatest good to the greatest number.
- In **Hockey** as in life, treat others as you would have them treat you.

Of course, it is one thing to read something and another to believe and do it. But for starters, what if all parents **behaved** according to this set of standards. Maybe hockey can become "a game for happiness!"

FAIR PLAY CODES FOR CHILDREN IN SPORT

It is easy to forget your own behaviours at times and get a little carried away with the excitement of seeing your child on the ice. Why don't you make a point of distributing your own 'rules'.

PARENTS CODE*

1. Do not force an unwilling child to participate in sports.
2. Remember children are involved in organized sports for **their** enjoyment, not yours.
3. Encourage your child always to play by the rules.
4. Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
5. Turn defeat to victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition.
6. Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team.
7. Do not publicly question the officials judgement and never their honesty.
8. Support all efforts to remove verbal and physical abuse from children's sporting activities.
9. Recognize the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child.

SPECTATOR'S CODE*

1. Remember that children play organized sports for their own fun. They are not there to entertain you, and they are **NOT** miniature pro athletes.
2. Be on your best behaviour. Don't use profane language or harass players, coaches or officials.
3. Applaud good plays by your own team **and** the visiting team.
4. Show respect for your team's opponents. Without them there would be no games.
5. Never ridicule or scold a child for making a mistake during a competition.
6. Condemn the use of violence in all forms.
7. Respect the official's decisions.
8. Encourage players always to play according to the rules.

*Reprinted with permission: Canadian Council for Children and Youth, 1979 publishers of the **Fair Play Codes for Children in Sport**.

SOME BITS OF WISDOM TO THINK ABOUT

YEKCOH

Yekcoh pronounced "yekko" is a funny new game,

It's hockey spelled backwards, I will try to explain.

It's a game just for parents of young hockey kids,

You'll hear them at rinkside flipping their lids.

They scream and they shout, they rant and they roar

No wonder their poor child's too nervous to score.

It's a game for the memory and it's not really tough,

Any parent can do it if you practise enough.

The rules are quite simple, the results are much better,

If you will try to remember each rule by its letter.

- Y** — is for yelling, which you must not do with the exception of cheering, which we're coming to.
- E** — are emotions that embarrass the child and which only get team-mates riled.
- K** — is for kids who are trying to play. The program is theirs, to learn their own way.
- C** — is for cheering and in this way you show you have confidence in your youngsters, and just watch them go.
- O** — is for orders, which you never shout. Remember to leave these for the coach to dish out.
- H** — is for home, which is where you should stay if you hinder the kids when they come out to play.

So that is the game and there's one basic theme,

Remember the motto when tempted to scream.

Though we're not really trying to put you back on the shelf,

"Parents need not wear glasses to make spectacle of self."



A LETTER TO THINK ABOUT

“Dear Mom and Dad:

I hope that you won’t get mad at me for writing this letter, but you always told me never to keep anything back that ought to be brought out into the open. So here goes.

Remember the other morning when my team was playing and both of you were sitting and watching. Well, I hope that you won’t get mad at me, but **you** kind of **embarrassed me**. Remember when I went after the puck in front of the net trying to score and fell? I could hear you **yelling** at the goalie for getting in my way and tripping me. It wasn’t the goalie’s fault; this is what a goalie is supposed to do. Then do you remember **yelling** at me to get on the other side of the blue line. The coach told me to cover my check and I couldn’t if I listened to you, and while I tried to decide they scored against us. Then you **yelled at me** for being in the wrong place. You shouldn’t have jumped all over the coach for pulling me off the ice. The coach is a pretty good one, a good person too, and knows how to do the job. Besides, the coach is **just a volunteer** coming down at all hours of the day helping us kids, just because of a love for sports. And, then neither of you spoke to me the whole way home, I guess you were pretty sore at me for not getting a goal. I **tried awfully hard**, but I guess I am a crummy hockey player. But, **I love the game**, it is lots of fun being with the other kids and learning to compete. It is a good sport, but how can I learn if you don’t show me a good example. And, anyhow I thought I was **playing hockey for fun**, to have a good time, and to learn good sportsmanship. I didn’t know that you were going to get so upset because I couldn’t become a star.

Love,

Your child

There are all sorts of ways for parents to avoid getting this kind of letter. But it takes a certain amount of sound good sense to steer clear of the pitfalls, and maybe the hints and suggestions in this booklet will help you, the parents, to see the best way to support your hockey-playing children.

NATIONAL COACHES CERTIFICATION PROGRAM

The purpose of the coaches certification program is to enable all coaches to develop technical knowledge about the game, effective teaching methods, a sound philosophy concerning the role of hockey in a young player's life, and techniques to enable them to more effectively communicate with players, parents and executives.

The program includes the following levels:

LEVEL I

A three hour introduction to hockey: (one hour on ice)

LEVEL II

An eight hour (one day) clinic which includes classroom sessions on: The role of the Coach, Conditioning, Injuries and Equipment, Team Play, Teaching Methods, Game Strategy, Mechanics of Skating, and Goaltending. In addition, on-ice sessions stress teaching methods for skating, puck control, shooting and checking.

LEVEL III

A twenty hour program of hockey technical information for those who have completed Level II of the Hockey Coaches Certification Program. A coach is required to complete an assignment before certification at this level is granted.

LEVEL IV

An in depth, one-week session where coaches are exposed to top-level lecturers.

LEVEL V

A one week lecture — seminar course for those who have completed Level IV and who are Provincial Instructors at Levels I, II and III.



GOALTENDING CLINIC:

The clinic introduces the concept of the goalie and his coach being a team. They are both exposed to one hour of classroom instruction followed by a two hour ice session.



SKATING WORKSHOP

This three hour skating clinic was created by Bill Mahoney and Don McKee and consists of one hour of classroom instruction and two hours on the ice.

SPECIALTY CLINICS:

Hockey Ontario is prepared to offer a wide variety of clinics such as basic skills development programs, checking clinics and defencemen clinics.

AND MORE . . .

Your child's coach can receive additional training via coaching seminars, apprentice training programs or by using Hockey Ontario's coaching resource manuals.

LET'S ENCOURAGE YOUR COACH TO USE ALL THE "TOOLS" AT HIS OR HER DISPOSAL!

NATIONAL REFEREE CERTIFICATION PROGRAM

Similar to attempts being made to educate and certify coaches, a training and certification program for referees has been in progress throughout the Province for a number of years now.

Purpose of the NRCP is:

- to standardize the methods and techniques of officiating
- to acquire uniformity throughout the Provinces with respect to rule interpretation
- to offer the participants National recognition for their achievements,

The National Referee Certification Program is structured into six levels. Beginning with Level I, the program allows the referee to progress gradually at his or her own level of competence.



NATIONAL REFEREE CERTIFICATION PROGRAM Cont'd.

Parents should try to realize the importance of the role and function of the referee. The game of hockey, like most other sports, has a set of playing rules. The referees do not write the rules but nevertheless it is their responsibility to see that the game is played within these rules. This is a difficult task even under normal or routine conditions. Their purpose and presence is to cause the players to try to avoid rule violations. Most competitive hockey games could start without a referee . . . but few would finish.

It is only realistic and fair, that parents understand, a hockey game would be difficult to play within a controlled environment without the participation of referees.

There are many ongoing provincial programs related to officiating that are available to leagues/associations and branches.

Some of these programs are:

- Referee Refresher Clinics / NRCP
- Off-Ice Officials Clinics (for training timekeepers and scorekeepers)
- Referee Supervision Seminars/ NRCP (Provincial Representation)
- Referee-in-chief Seminars / NRCP (Provincial and association level seminars)
- Hockey Ontario Development Camp / annually
- Technical support for all association/leagues, throughout the Province



SPORTS MEDICINE DIVISION AND THE HOCKEY TRAINERS' CERTIFICATION PROGRAM

In any contact sport, some injuries are inevitable. Hockey is no exception, and with the speed of the game, presence of skate blades, sticks and boards, the potential for injury always exists. Many of the common injuries can be avoided with proper preparation and good protection.

Perhaps one of the most vital contributions of the coach, trainer, parent, and the player himself, can make to the enjoyment and future potential of the game, is to prevent injuries. Equally important is the ability to recognize injuries that can have serious complications both at the time of injury and in future years of play.

Responding to the needs at all levels of hockey, a series of workshops have been developed that will allow interested and conscientious hockey people to select topics that are of particular interest to them at their level of involvement. Unfortunately, it is not possible at most amateur games to have highly trained, qualified medical personnel on hand. It is our aim to provide basic knowledge to, and create an awareness with, all hockey coaches, managers and trainers, in the area of recognition and immediate care of injured hockey players.

The following courses are available:

- Hockey First Aid — 2½ hours
- Injury Prevention & Manager (Beginner to Peewee), or (Minor Bantam to Juvenile) — 2½ hours
- Injury Evaluation — 2 hours
- The Charlie Horse — 2 hours
- How to Purchase for your Team — 2 hours
- Shoulder, Arm and Hand Injuries (includes taping techniques) — 2 hours
- Head, Neck and Spinal Injuries — 2½ hours
- Knee and Ankle Injuries (includes taping) — 2½ hours
- Designing Conditioning Programs — 2 hours

Any or all of the above courses can be taken either for information only or, as part of the certification process, for different levels of Hockey Trainers' Certification. Information as to which courses are required for the various levels of certification can be obtained by contacting the Hockey Ontario office.

EQUIPMENT: WHAT THEY'LL NEED.

Selection of hockey equipment is a key issue among coaches, players and parents. When purchasing and fitting hockey equipment, remember two important factors: assure that the player is adequately protected, and that the fitting allows freedom of movement to properly perform the necessary skills. By carefully including these two factors, your child will be more comfortable and will better enjoy the game.

To be your best in hockey, you need to wear the best protective equipment available.

Inadequate or ill fitting equipment can be a player's biggest handicap. Sometimes, hockey gear that doesn't fit or is poor quality is actually worse than no gear at all because it gives the athlete a false sense of security. And in an aggressive body-contact sport like hockey, that spells trouble.

Top quality equipment must fit correctly to really do the job. Too often, parents buy skates and protective gear a size too large, hoping that the child will grow into it. That's all right for sweaters, but when it comes to skates and equipment, it's false economy. And what's more, it's dangerous too.

Good protection is the result of good quality equipment, carefully chosen to fit perfectly.



THE HOCKEY HELMET . . .

is an essential piece of equipment. It should be moulded of high-impact resistant plastic, with plenty of protection around the vital ear and temple areas. Ventilation holes must be small enough to protect against injury from skate blades, pucks and hockey sticks.

The helmet should extend down to within one finger's width of the player's eyebrows and should feel snug. Extra padding can be added to prevent a loose helmet from rotating. The chin strap should be done up securely during games and practices too.

Helmets may crack if painted.

WIRE FACE GUARDS . . .

provide an extra degree of protection to the player's vital ear and temple area. Look for a face guard made of high strength steel coated with chip-resistant epoxy, and designed to prevent sticks and pucks from injuring the player's face.

For optimum protection, the face guard should fit snugly — when the player's mouth is closed, the chin should be firmly supported by the cushioned chin cup.

Be sure that the face guard's strap is securely attached to the helmet.

SHOULDER PADS . . .

must have good shock-absorbing material over the upper arm and bicep area. The shoulder caps themselves should be moulded plastic cups backed with shock-absorbing material. These caps must fit right over the shoulder tips for maximum protection, and the arch section of the pad should conform to body shape. Look for pads with adjustable body straps to ensure a snug fit.

Specially-designed longer models are available for defencemen and taller players. Extension pads are also available for added frontal protection.

ELBOW PADS . . .

are available in many lengths to properly fit all players. Find a pair that leaves no gap between the cuff of the glove and the bicep extension of the shoulder pad.

Elbow pads should have a pre-shaped curve to them and have foam padding and a polyethylene cap over the elbow joint for maximum safety.

Make sure the elastic is not too loose. If it is, the pad will slip around, and will not cover the elbow cap properly.

HOCKEY PANTS . . .

must also be fitted carefully. As a general rule, the pants should be 6" larger than the waist size, and 8" larger if the player is on the heavy side — roomy enough to permit free movement, but not sloppy looking. The pants should reach the top of the knee and should extend up to cover the kidney and short rib areas.

Watch for good protection. Hip, kidney and tailbone pads should be of polyethylene reinforced, and be washable. Thigh guards and slash pads should be of a light protective material.

SHINGUARD . . .

size can easily be found by measuring from the centre of the knee to the top of the skate boot — buy shinguards in this length. Shinguards which are too long will ride up the leg so that the cap is actually several inches above the knee, offering little or no protection at all.

It is essential that the shinguards have a well padded "hinge" (this is the area between the shin section and the knee cap).

Shinguards should never be held in place with tight hockey stockings. Always wear heavy elastics, special shinguard straps or tape to hold the pads in place.

EQUIPMENT: WHAT THEY'LL NEED (Cont'd.)

GLOVES . . .

must be snug, otherwise it is impossible to play good hockey. Available in various lengths and size combinations for perfect fit, gloves should be snug enough to allow good stick play.

The glove's palm should be reasonably thin and pliable so that the player can respond to the feel of his hockey stick.

Gloves must have a strong moulded thumb. Watch for foam padded fingers, and padding on the back of the hand, as well as a "wart" (a well padded raised section along the side of the index finger). A padded cuff roll protects the wrist.

SKATES . . .

must provide support, mobility and protection. Make sure that the counters — support areas in the heel of the boot — are made of some type of strong plastic. Most cheap skates have cardboard counters that break down when wet.

Poorly fitting or dull skates increase the chances of stumbling or sliding. Once the player loses control, injuries are more likely to happen. The old idea of buying skates a few sizes too large so that the child can "grow into them" is dangerous. Extra socks can't fill in the heel area where skates must be snug for support. For the young player, skates should be about the same size as his street shoes: and one size smaller after age 14 or so. Just one pair of lightweight socks is enough to try on skates.

For protection, look for skates with armoured toe pieces, tendon guards and heel tips.

STICKS . . .

Like all other hockey equipment, a stick has to "fit" the player too. Everyone has to choose a hockey stick according to personal preference, but here are a few guidelines to follow.

Picking the right lie is important. Take your normal skating position. The bottom of the stick's blade should always be flush with the ice. If the heel of the blade is off the ice, try a higher-numbered lie. Should the toe be off, use a lower-numbered lie. Generally, the better player can use a lower lie number, that is, there is a lower angle between the ice and his stick. Beginners, on the other hand, often play better with a higher stick lie, so that the stick is closer to his feet where the younger player has more strength.

The curve of the stick is another matter of personal preference. Again, for beginners, the less curvature there is to a blade, the easier it is to handle.

The length of the stick is important in good puck handling and control. Most often, inexperienced players choose a stick that's too long. To measure, the player should stand in skates with eyes ahead, and arms at his side, holding the stick in a comfortable position with the blade flat on the ice. The stick should be cut off just above the hand. To test whether the stick is still too long, the player should be able to bring it across in front of the body while holding on to it with two hands.

HOCKEY ONTARIO RESOURCES TO HELP YOUR HOCKEY SKILLS



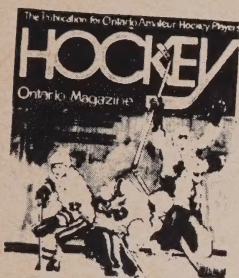
The items catalogued on this page are frequently referred to as hockey resources.
Resourceful coaches, referees, trainers and even players are making good use of them.
All are available for purchase through Hockey Ontario

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HOCKEY RESOURCES: Please send me the following items as indicated below. (Prices subject to change without notification).



RESOURCES	UNIT COST	QUAN- TITY	TOTAL
<input type="checkbox"/> Administrators Handbook	\$ 7.00	_____	_____
<input type="checkbox"/> Hockey Systems	\$ 7.00	_____	_____
<input type="checkbox"/> Goaltending Fundamentals	\$ 10.00	_____	_____
<input type="checkbox"/> Beginner's Program	\$ 7.00	_____	_____
<input type="checkbox"/> Hockey Development Guide 8-18 years	\$ 7.00	_____	_____
<input type="checkbox"/> Teaching Hockey Skills	\$ 7.00	_____	_____
<input type="checkbox"/> Complete Hockey Instruction	\$ 10.00	_____	_____
<input type="checkbox"/> How To Make Best Use of Your Ice Time	\$ 10.00	_____	_____
<input type="checkbox"/> Hockey Practice Drills	\$ 7.00	_____	_____
<input type="checkbox"/> CAHA Rule Book	\$ 2.00	_____	_____
<input type="checkbox"/> Minor Officials Handbook	\$.50	_____	_____
<input type="checkbox"/> CAHA Referee's Casebook	\$ 2.00	_____	_____
<input type="checkbox"/> Casebook Binder	\$ 3.50	_____	_____
<input type="checkbox"/> Supervisor's Hand Book	\$.50	_____	_____
<input type="checkbox"/> Referee-In-Chief Handbook	\$ 7.00	_____	_____
<input type="checkbox"/> Goaltending Slide Set	\$ 55.00	_____	_____
<input type="checkbox"/> Hockey Systems Slide Set	\$ 60.00	_____	_____
<input type="checkbox"/> Injury Cards	\$2.00/20	_____	_____
<input type="checkbox"/> Reference Index	\$ 1.00	_____	_____
<input type="checkbox"/> JEM 0-2 Junior Medical Kit	\$246.50	_____	_____
<input type="checkbox"/> JEM 0-3 Inter. Medical Kit	\$310.25	_____	_____
<input type="checkbox"/> JEM 0-4 Senior Medical Kit	\$352.75	_____	_____
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Please return order form and cheque/money order to:

HOCKEY ONTARIO: 1220 Sheppard Ave. E., Willowdale, Ontario M2K 2X1

SUGGESTED READINGS

These books are all about the social aspects of sport for kids. Try the library or ask your bookstore to order them for you.

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*Graphics on Pages 15, 17, and 18, and layout by Bob Hunt, Informco Inc.

Cheers! From your Esso Dealers and Sales Agents.



Cheers to you.

You're all for hockey. It probably means as much to you as it does the kids.

We share your enthusiasm for the sport.

That's why we coach and ref the game. That's why we sponsor community teams and tournaments as well as Minor Hockey Week in Canada and the Esso

Medals of Achievement. And that's why we enjoy being part of the crowd cheering the kids on.

Getting behind the things that make your life better makes us better too.

You make us better **Esso**

